FACEBOOK FEVER
PAGE 7

GLOBAL "WARNING"
PAGE 5

SPORTS
PAGE 6

REDEEMER UNIVERSITY COLLEGE LIBRARY
CROWN - REDEEMER UNIVERSITY COLLEGE
PER/LH/3/.C76
FEB 19 2007

THE CROWN

VOLUME 24, ISSUE 9 REDEEMER UNIVERSITY COLLEGE FEBRUARY 16, 2007

Sodexho Satisfies Students

Separating fact from fiction

Brittany Goheen
Senior Copy Editor

Well, I guess we have all noticed the changes that have taken place recently in our cafeteria—new food, new look, new prices. Redeemer has hired, or shall we say Redeemer has signed on with Sodexho, the self-proclaimed "leading provider of food and facilities management in the US and Canada." Who is this company, and how have they changed things at our school?

Sodexho, formerly the Sodexho Marriott, is a hospitality service company based out of France, which services a range of institutions including various hospitals, universities, elementary and high schools, hotels, and prisons. Their mission, as stated on the company's website, is to work "every day to improve the quality of life for the millions of people we serve."

What is the relationship that Sodexho has with Redeemer and what does this relationship entail? Sodexho is working on a management contract for Redeemer University College, which means that Redeemer is the ultimate decision-maker. Where profit is made, it belongs to Redeemer. Sodexho was hired for its ability to manage Redeemer's food services, specifically in order to bring down costs.

While you've probably noticed some changes, Sodexho has worked very hard keep things the same where possible. For example, the independent, small-scale supplier who has shopped for Redeemer's produce since the institution was a baby still provides the produce. And the Dutch cheese and croquettes still come through the same Dutch store. And as before, if you would like to request something to be in the Market (and you can promise that it will be bought), it will be brought in for you if at all possible.

But some things have changed. Sodexho works with some different suppliers with whom Redeemer has not worked in the past, so you might notice that the meat is a little different and that some brands have been dropped. There is now a more formal separation of the Market and the cafeteria, so there is not the same flow of products from the kitchen through to the Market as there was in the past.

A hot serve lunch line has been introduced, along with daily pizza, and the set-up has changed so that there are now grab-and-go sandwiches and salads. And of course, you've probably also noticed that Williams Coffee Pub is now reduced to beverages. Another new feature is the Campus Card, to which we were introduced in the last issue of the Crown.

And finally, Sodexho now allows us to have our travel mugs filled at the counter so we don't have to pay for a cup, and so that we won't have to drink out of waxed paper. Although some of these changes have not been completely welcome or understood, generally Sodexho has done positive things for Redeemer's food services.

Perhaps you have heard of some of the complaints against Sodexho: a history of inhumane prison ownership and anti-union activity; inadequate cleanliness in service for hospital laundries, even here in Hamilton's Chedoke Hospital; deficient food services to Hospitals worldwide; and poor nutrition in American Elementary school cafeterias.

While these reports are realities of the past, they did not fall on deaf ears. Sodexho has been concerned to clean up its image, and the negative feedback has had its effect. In response to these complaints, we can now report that the parent company no longer runs profit-making prisons, and we can rest assured that the standards for cleanliness and supply are very high for Sodexho here at Redeemer. Food safety concerns are so much a priority for this company that we may never be able to buy E-coli harbouring spinach in the Market again!

Safety is a concern for Redeemer as well; the kitchen staff in the cafeteria set high standards for cleanliness. The wonderful staff in Redeemer's food services continues to bring us the variety of food we ask for at the prices we asked for.

As stewards of the wealth given to us, however, we should be aware of the workings of this corporation on a large scale. This is one example of the way that we can be stewardly with our money, carefully considering where every dollar of our money is going. Voices of students across America led schools to cancel contracts with Sodexho because of their unscrupulous decisions; consequently Sodexho was forced to terminate their ownership of for-profit prisons and reconsider their anti-union activities.

Clearly we can have a voice when one is needed, and we need to be informed and ready to speak up when appropriate. This does not only go for Sodexho; check out where your money is invested, and to what hidden causes you might be giving your money, unknowingly. It is important for us as Christians to be aware of the sources of the various items that we use daily—including our food and drink.

We have been assured that Sodexho is eager for feedback and they are carefully watching and listening so that they can make decisions about the service they provide based on us—how we respond or do not respond to their service. Since Sodexho has given us the opportunity to provide them with feedback, we would like to express some concerns that we have, and which we have heard from our fellow students. Perhaps these are minor, and perhaps not, but they are worth bringing up.

There have been a few complaints that the price of the food is not as different as was promised. A full hot meal (veggies, meat, the works) will still cost anywhere from $5-8, depending on the type of meat. These prices are not altogether different from Williams. And while the prepared sandwiches are certainly cheaper, their quality has gone down proportionately; for many students these sandwiches are not quite enough to go on at dinner time. Is Sodexho making good on their promise to provide cheaper food, *without* compromising the quality?

Speaking of the sandwiches, we wonder: is all the plastic packaging absolutely necessary for the sandwiches, fruit, veggies, and yogurt and fruit parfaits? Can these containers be recycled, and if so, could this be indicated on the packaging itself? And because this food is all being pre-packaged, do we end up wasting a lot of it when it is not purchased?

While the new hot serve food is certainly good and healthy, there has been frustration among commuting students in particular with the short span of time in which it is available. By the time supper rolls around, and students are waiting to go to night classes, the only hot food that is available is from the Grill—hamburgers, fries, onion rings, chicken burgers, or pizza. Supper is, for many students, time to have a good, hot meal; would it be possible to have the hot buffet service later in the day to accommodate these hungry (and healthy) students?

It is reported that at Trinity Western University, where Sodexho is also contracted, students gave food services a D grade mainly because of its lack of selection. This concern has been voiced by various students at Redeemer as well. But i is important to note that in the cas of TWU, Sodexho was very ope to suggestions, and very willing t work with the needs and desire of the students in order to 'brin their grade up.' Perhaps the lack c variety will be more of a proble down the road, but since there hav been complaints about this lack, it worth mentioning already.

If you have questions or concern do not be afraid to ask! But respect the people you are asking. you have problems or frustration don't complain to other students; go and submit your concerns in writing, and expect to work with the changes. For example, if you want healthy food in the cafeteria, you need to be willing to commit to buying healthy food when they provide it, so that it is affordable for them. If you would like to see something particular in our cafeteria, find out if others would also buy it, and then present your idea.

If you would like more information on Sodexho, find out what the world and various other universities are saying about this company online. Be informed! We have used the following internet resources for the writing of this article:

http://www.sodexhoca.com/english/aboutus.asp
http://www.marshillonline.com/%e2%80%98d%e2%80%99-grade-raises-concerns
http://www.corporatewatch.org/?lid=834

Poetry Reading a Pleasant Surprise

Ashley Rattner
Junior Staff Writer

I was pleasantly surprised by how much I enjoyed the poetry reading at Redeemer University College that was put on by Sam Martin and Friends. The last poetry reading that I attended featured women a generation older than I; unfortunately, I gleaned little from their insight. These four poets were only slightly older than the average Redeemer student: two were Redeemer alumni and three were currently pursuing their masters' degrees at the University of Toronto. I was disappointed that so few students turned up for this event, though the handful that did attend enjoyed it thoroughly.

Daniel Tysdale was the first to share. He was an exuberant, "artsy-looking" fellow with wildly curly hair and a nasally voice. Daniel hailed from Saskatchewan and joked that he was pursuing his masters' because the academic world is a better environment to write in than the working world. He shared a poem he had written in tribute to Leonard Cohen aptly titled, "Cohen". Cohen was a hero of Daniel's, and this is his "little response to Leonard". In it, he pours out his heart in the form of problems and observations in a letter to the musician, ultimately concluding: "this snow is pure". It is free, rambling, and exciting because it appears as though Cohen's music has blessed this young man in such a way that, although he is troubled, things are okay if that "golden voice" is serenading him. Being the Leonard Cohen fan and general music junkie that I am, his poem reverberated deeply with me.

Daniel incorporated a moderate dose of cynicism packaged with wit and humor. If I had money, I would have bought his book.

Nathan read his selections next. His other great passion besides writing was music. This was howhe met and connected with Sam. "The Exodus Of The Magic Animals" was an abstract, fantastical tale about mythical creatures and previous events. Right from the start, Nathan made it clear that he was not interested in "conventional storytelling". His language was rich, yet his message was simple and childlike. It was like no story I had heard before: it was lucid, meandering and dense. He took the time to explain his style of using scenes that are chopped up and jumbled together. He chose not to explain character because he wanted to construct a scene that was "out there" enough that the reader's imagination would fill in the blanks. Nathan wrote in brief snapshots in time: the effect was profound and vivid.

Laura had a cold. She hoped to foster her scratchy voice so as to seem like more of a "smoking, bourbon-drinking writer", and this was the anecdote with which she broke the ice. Her work dryly chronicled the futility of human social constructs. She made the audience twitter with her slightly-over-the-line sexually graphic descriptions. From her poems, it was clear that Laura was attuned to the fine details of the petty interactions between acquaintances. "The Party" was about superficial mingling and "Falling in Love" was about a girl who is oblivious in her less-than-favorable relationship yet terms it "love". Laura did not leave a good an impression with me; she seemed brash.

Sam Martin was the last to share. After all, he was the only one whose name we knew before we got there. His work was technically prose, but no one complained. The piece was the last short story in the series. His characters were ruddy and realistic, based on actual persons. The characters were a collection of brothers and their sons at a hunting camp. The story was humorous, sad, and poignant but very well written. At times, it was almost overtly descriptive. I felt as though I could relate although I had virtually nothing in common with these uncouth, gruff hunters. Sam hoped to publish all of his short stories, and the audience smiled, because we wanted more.

Overall, the reading was highly enjoyable. Each writer came to the table with an entirely unique writing style yet these young Canadians had one thing in common: remarkable talent with words and the ability to scratch at something deeper with them.

COMMENTARY

Lessons From an Unlikely Source

Natalie Armstrong
Editor-in-Chief

Last week, as I sat in front of the TV (for lack of anything else to do), I was watching Access Hollywood or Entertainment Tonight or something type of news tabloid show for about the third night in a row when I remember thinking, "Seriously, I have seen about as much as I can handle about Anna Nicole Smith, her son dying, her paternity suit, and all of the garbage that she entails..." [somewhat paraphrased].

The following night, February 9 around 1:30am, I was surfing the net when I read on Yahoo! News that Anna Nicole had collapsed and died at her hotel. She was 39.

When I read this, I was struck with serious guilt. Why, you might ask? I didn't know her and I have no connection to her at all. However, I have judged everything about this woman for the past few years (ever since I first heard about her on entertainment shows). All that I knew about her was what I learned from tabloid news programs that are always looking for a dirty story to sell to us.

Even in the report of her death, the information given about her was somewhat less than flattering: married while still in her teens, became a young mother, divorced while she was still very young, became a stripper, pursued fame and fortune, became a 'gold-digger,' married an 89 year-old man, he died at age 90, she fought for his fortune, she had another child, her first child died of a drug overdose at age of 20, the paternity of her second child is in question, and a lawsuit lingers...that's it. That's what was told of her life, or at least what we know of it from the media.

This is all they could say about her. They (the media) have taken away the human quality of Anna Nicole and replaced it with this creation that they have made of her, and then blame and ridicule her for being that way. Not only should I not have judged her at all, I should have felt compassion for her. But I didn't. The thought didn't even cross my mind. Until that night. Until she was dead.

The reality is that I can't believe I am even giving this as much thought as I am. I have never met this woman. I know only what I have seen or heard about her from the media. And yet, I have judged the heck out of her. Now, she's dead and I feel guilty because instead of seeing her as my neighbour, (as someone who I have been called to love and feel compassion for), I saw her as trash. But, I regret – though I didn't even know her – not seeing her as what I know she truly was; that is, whether most people believe it or not, she was a creation of God. One of His children.

Her life may have been misdirected, but it makes me wonder what could have been. It makes me wonder how many people, people just like me, judged her based on the superficial? What if someone treated her with respect and dignity at some point in her life? What if she wasn't judged? What if someone cared for her as a person? Maybe this wouldn't have made a difference at all, but maybe it would have.

I wouldn't have believed it, if someone told me a week ago that Anna Nicole's death would have had an impact on me, but in a weird way, the news of it was a smack on the head for me to stop judging and start caring. It's funny because at church and even last week at home church, we have been discussing the realities of loving our neighbour, the Good Samaritan, and the deeply rooted compassion and desires for justice that we are meant to have as Christians. I felt that in these areas, on these topics, I had been doing a pretty good job. But, I was wrong and it was Anna Nicole who made me realize it. Who would have guessed?

THE CROWN

EDITOR-IN-CHIEF
Natalie Armstrong

MANAGING EDITOR
Steve Schilstra

LAYOUT EDITOR
Julie Konyndyk

ASSISTANT COPY EDITOR
Teresa DeVries

SENIOR COPY EDITOR
Brittany Goheen

ART DIRECTOR
Michelle Kikkert

DIGITAL EDITOR
Chris Howlett

FACULTY ADVISOR:
Dr. John Van Rys

ADVERTISING: Steve Schilstra, Crown Office, 905.648.2139 x4291,
c/o Redeemer University College, 777 Garner Rd E, Ancaster, ON, L9K 1J4. Subscription enquiries may be addressed to the managing editor at the above address.

Letters to the editor and article submissions shall be sent via email to natalie.armstrong@gmail.com. Letters must include the name and contact information of the writer, although we may print anonymously by request. Works submitted as letters will be edited for clarity and length only.

The opinions expressed in *The Crown* are not necessarily those of Redeemer University College's student body, faculty, or administration.

The Crown is published twelve times per academic year. It is funded by the students of Redeemer University College and by advertising.

The Crown is published by students but is dedicated to the broader college community.

Maturity Through Experience

A lesson from Snow White

Jordan Delleman
Senior Staff Writer

This summer was a bit of a milestone for me and the pain of it was something like passing a kidney stone. I turned twenty years of age, and boy, I did not want to reach that decade! There is something about losing the teen years, and I just railed against the thought of being older, more responsible, and more mature. But then something great happened: I went to Bible Camp, and was surrounded by teenagers. I was around them all the time, with all their drama and wacky logic. After a month of this, I came to the realization that I loved being twenty.

As a boy, I was always described as mature. I was the quiet boy, who did not act up, and was generally good. I was made a leader in my Cubs group a year before the norm, and was trusted by all my teachers. But now I begin to discover that this kind of "maturity" is nothing more than just being withdrawn. The second discovery is that this is exactly what society wants.

I have spent some time in what we Redeemerites call "the real world" both in public school and in the work force. There I found that those who were mature were those with goals, with some driving force behind them. The mature kids were the ones with jobs, licenses, five universities picked out, and no desire for childish games. And sure, this is fairly mature, but it is a very shallow definition. Second, I noticed that the people we consider mature are the busy ones: those people with *go-go-go* schedules who never stop to relax. I remember saying to one such woman that she should relax. But I quickly retreated from the situation when everyone quickly spoke against me. The people around me made it seem that this woman who talks insanely fast, is always on the go, and complains about almost everything was in the right, and that she was living life correctly. For sure she has some of the truth—it is good to be productive—but she goes a little too far.

Thirdly, the clearest sign of maturity was what I have dubbed bowel maturity. The people that could keep a straight face through a fart, and would not crack stupid boyish jokes, were the ones that were considered mature and worthy of respect.

None of these descriptions of maturity really do it for me. There is something intrinsically missing from each one. And I never really saw myself as mature; I never really understood why "grown-ups" liked me so much. I was not a browner, I never did my homework, and I was not very attentive in class, yet I still got the respect. This struck me as wrong, and I have been thinking about this for quite a while. A little while ago, I did a presentation on the fairy tale of Snow White and how the entire fairy tale was an analogy to Snow White growing up and becoming sexually mature. But there was one part that really hit me and it is something that Disney missed. During Snow White's sleep in the coffin, she is greeted by three birds: first an owl, a symbol for wisdom; then a raven symbolizing mature consciousness; and lastly a dove as a symbol for love. It's the owl that hits me.

The analysis goes into detail about Snow White accepting her sexual maturity, and when she does (the part where she eats the apple), the coma occurs. The awesome part, and the part where I think society's definitions of maturity fail, is that the first thing she learns is wisdom. Not love. Love is dead last. Think about it: how many people seek love once their bodies mature? Think about those who find themselves developed physically and think they are ready, yet lack wisdom? And people are not ready for love right after wisdom, it requires maturity first, then finally love. This is what society is missing.

Achievement is not maturity, it is merely self-glorification. Preparation is not maturity, it is merely self-preservation. And bowel maturity is not maturity, it is merely self control. Maturity is something that only can be had through experience. Maturity is what Paul calls "real food." It is a true understanding and acceptance of what your life is. A mature person can look himself in the face, deep into his soul, and be happy. I am of the firm opinion that an immature person is someone who cannot take silence; someone who cannot be with her own thoughts, for fear of what is there; someone who has come to grips with reality and can sit down and relax, because when he does, his thoughts will not eat him alive. Think about it, what did Jesus do when He was stressed? He did not fill His life with work, He did not eat a tub of ice cream, He did not seek entertainment and diversion, He did not seek to become someone greater in society, and He did not seek education to be what He truly wanted. He sought God and silence. He walked to the top of mountains, away from everyone, and prayed.

Maturity is not success; maturity is the ability to accept life in a Christ-like fashion. It is being able to talk to God, in complete honesty. Maturity is being able to deal with your problems in a healthy matter, and I am learning that in the best way: by growing old.

Letter to the Editor: *Girls Basketball*

As a senior on the Women's Varsity basketball team I am 'downright disappointed' at the lack of support and overwhelming criticism that we have received as a team. I have never been prouder to be a part of this team.

While our record of wins is lacking, our team dynamics are sure to surpass those of any team in the OCAA. I have had the honour of watching the girls on this team grow both on and off the court. I am proud of each and every one of them as they continue to learn and become better basketball players and people. They have all overcome personal trials and attained victories in their own journeys.

We have become a family in pretty much every dimension of the word. We have overcome many trials, losing our starting point guard to injury, losing a team mate to illness for a good portion of the season, and another to academics. We are trying our best with the hand we have been given.

My disappointment lies with the lack of Christian support we have received as a team and the poor light which we have been shown in. We are all on our own journeys of life (may that be on or off the court, fan or athlete) and we are called to support and encourage each other on that journey (Hebrews 12).

I would like to take the chance to thank those who have helped us in our journey, in particular those on the practice team. You have taken the time to encourage and make us better and we appreciate that greatly. I am encouraged at the potential of this team and its coaching staff. This is my last year and I would have loved to have some wins under our belt, but I would not trade this season for anything. I have learned a lot from the journey, and I know that each member of this team has made me a better person and I believe that is what matters. That is what makes us stand out from other schools. That is what sets us apart.

-Julie Honig, 4th Year

CAMPUS NEWS

Midterm Angst

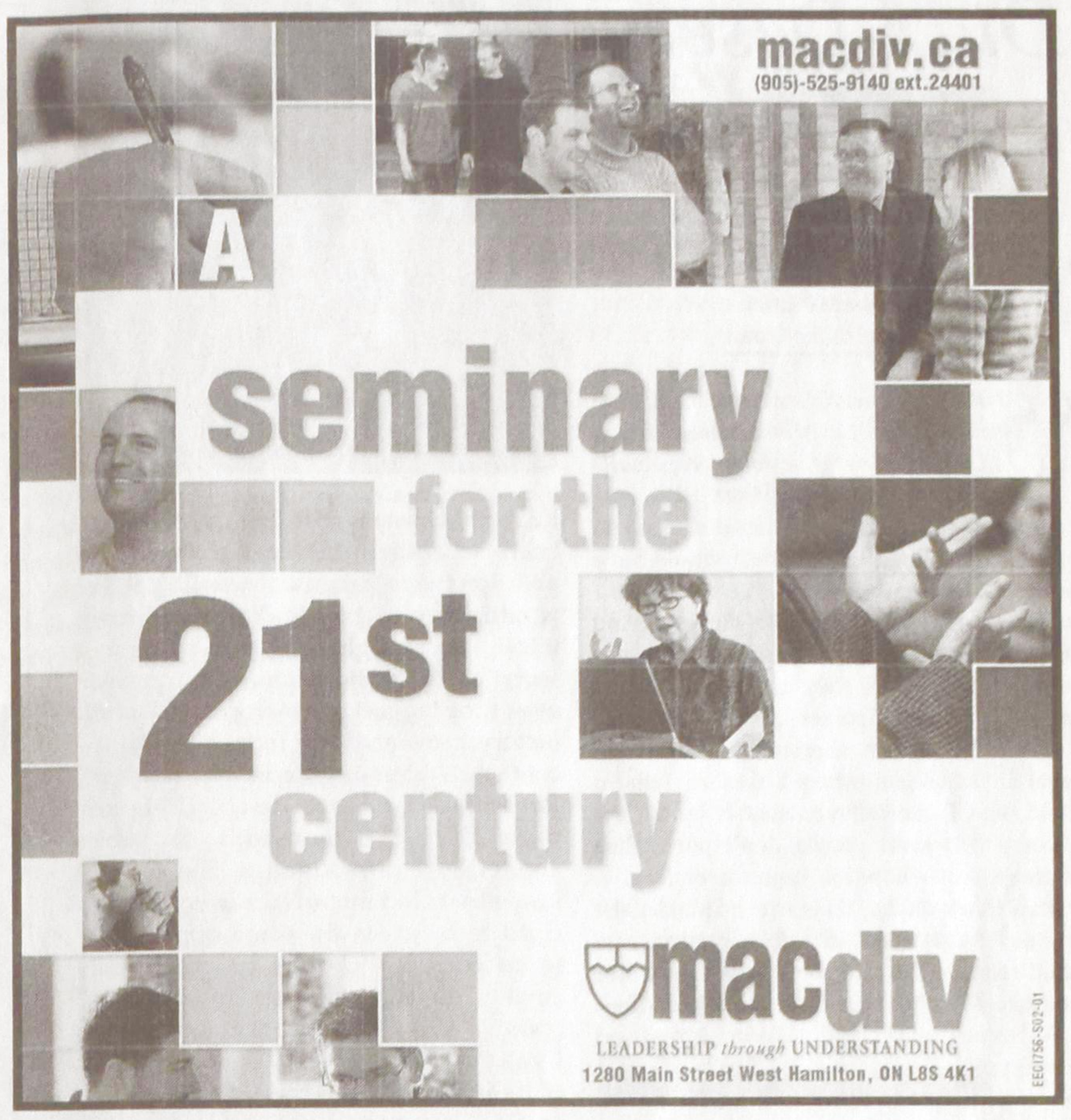
Ashley Rattner
Junior Staff Writer

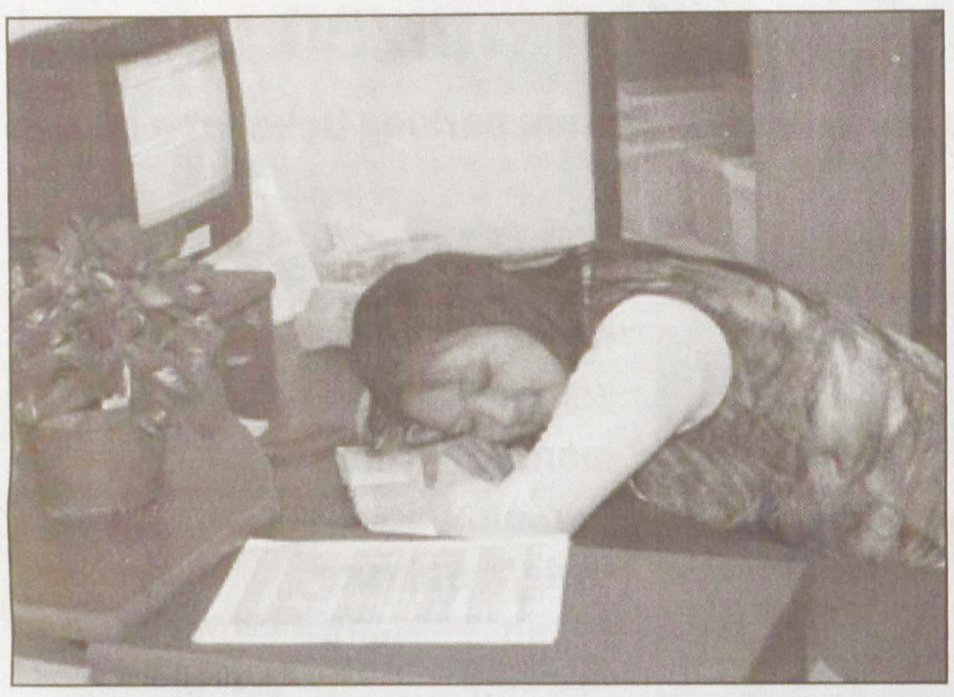
Even as I write this article, I have essays that I should be writing and notes that I should be memorizing. I now expect you to read this article with the same fervency as if it were the correspondence of a prisoner. Think of the sacrifice and risk I take just to convey to you my words of wisdom.

Second-semester midterms are stressful in more ways than one. Not only is it critical that you pull up your grades and get serious about this whole "higher education thing," but it is also a milestone that says that your academic year is three-quarters over. It also informs you that if you are not having a ton of fun now, you might want to start soon before life passes you by! I find such midpoints are always bittersweet because something new is on the way. You think about all that you have gone through and that you must go through again before you can get there. You will start to examine your perceptions of where you have been, where you are, and where you will be. These perceptions will clearly determine the extent and intensity of the bittersweet feeling that washes over you.

These midterms are different because you have all the pressure of exams without the immanency of either Christmas or summer. Dorm life gets tense as stress levels rise and we blow our tops over the most trivial of matters. Sometimes we each figure out a way to cope; sometimes we just flounder.

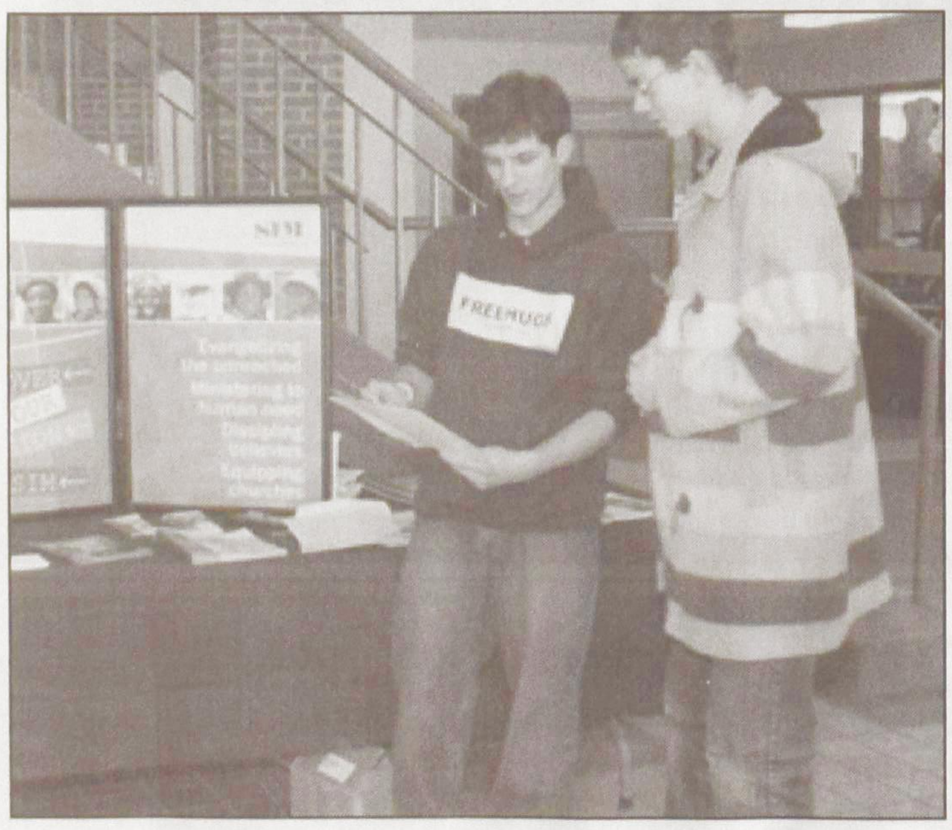
As for me, I drink away my troubles with enormous quantities of green tea and listen to a lot of Tom Waits. Some people demand silence and mango juice; everyone's different. This causes me to remember the computer game "Oregon Trail II" from way back in the day. If your oxen got stuck in the mud or something else happened, there was always an option that read: "Wait for conditions to improve". In my experience, this has been a poor study choice and I do not condone it. Rather, it is a better idea to seek out student from that course that you feel extreme angst towards, and pick these students brains about the intimate details of the exam. This makes you feel more prepared or at the very least, gives you an idea of what to expect. Let us retreat now into our respective corners of the basement or the library and immerse ourselves in the information we came to university to imbibe.





just a few...

CAMPUS CANDIDS



what's happening in the gallery

Jenny Vanderheyden, 4th year Art Major at Redeemer, is currently displaying her fabulous works of art. With a combination of skill and artistic flare, she speaks through her art of the wonderful innocence and playfulness of children.

Jenny began developing her interests in art while here at Redeemer University College, though she had previously dabbled in art during high school. She was inspired to sign up for an art show by a work of art at a friend's art show, which exhibited a piece constructed in beeswax.

A 'playful' medium (as Jenny puts it) which evokes the childlike playfulness. She says, "The creation of my pieces has allowed me to experience this innocence first hand."

Her working with children is very creatively and passionately expressed in her works specifically seen in her work with a butterfly. The body of the butterfly is done in beeswax, and the head of the butterfly is a photograph of two inner-city children.

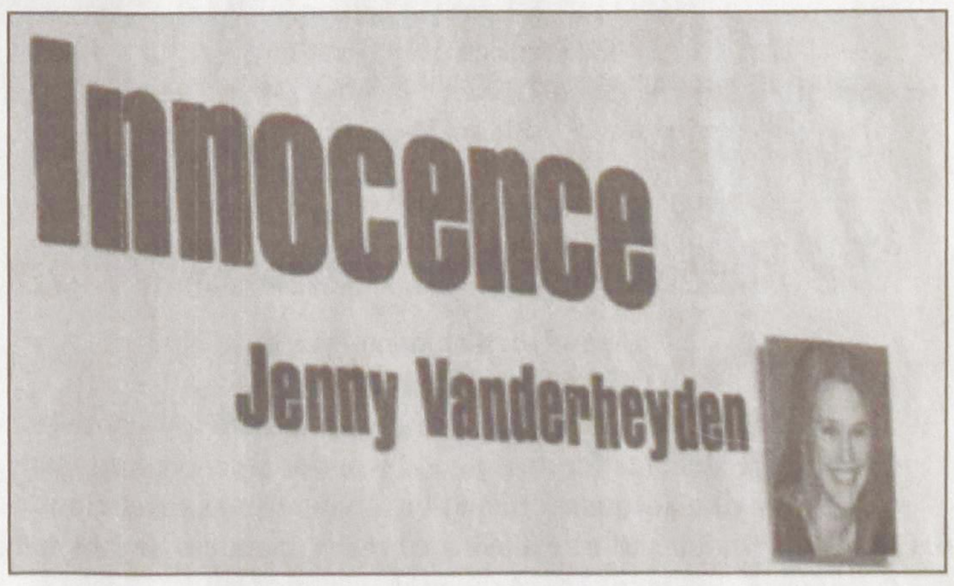
Her compassion and love for children is summed up in her statement: "I wanted the children to fly as it were, to be lifted up from the confines of their experience as inner-city kids."

Jenny also worked with young inner-city kids this past summer and comments: "When these children would come to the church and simply play and giggle I was able to see their innocence shine through."

Jenny has worked with the Kids Club here at Redeemer and with Girl Zone, a club that spawned from the Kids Club. The club works with inner-city kids as an outreach program in Hamilton city area.

Jenny's ambition is to become a teacher, and to minister to people through her art and teaching. Presently, Jenny's artwork is for sale and interested buyers can contact her for more information.

-Jeremy Burns, Special to the Crown



CAMPUS NEWS

Did I Deserve the Death Penalty?

Elizabeth O'Brien
Special to The Crown

"We've all heard someone say: 'I'm pro-life, well, *except* in cases of rape . . .' or 'I'm pro-choice, *especially* in cases of rape!' Have you ever considered how really insulting it is to say to someone, 'I think your mother should have been able to abort you'? It's like saying, 'If I had my way, you'd be dead right now.' And *that* is the reality with which I live every time someone says they are pro-choice or pro-life "except in cases of rape" because I *would have* been aborted if it had been legal in Michigan when I was an unborn child, and I can tell you that it hurts. But I know that most people don't put a face to this issue -- abortion is just a concept -- with a quick cliche, they sweep it under the rug and forget about it. I do hope that, as a child conceived in rape, I can help to put a face and a voice to this issue." (Rebecca Kiessling)

As an adopted child, Rebecca dreamed for many years of meeting her biological parents, learning her racial background, family medical history, and finding lost brothers or sisters. She imagined a mother and father who had *only* given her up because they were too poor to raise a child, but had really loved her and missed her dearly all her life. Finally reaching her 18th birthday, Rebecca successfully applied and received all the information about her biological mother that she had ever wanted to know. But of her father, only a few words: *Caucasian, of heavy build.* Rebecca was devastated to learn that her father was a serial rapist, her mother victimized at knife-point by a criminal whose face she couldn't even recognize.

Nevertheless, Rebecca refused to let the circumstances of her conception define and determine her life. She became a successful family attorney, represented several internationally-recognized life-issue cases, and offered free services for women being pressured into having abortions. She explains, "One of the greatest things I've learned is that the rapist is NOT my creator, as some people would have me believe. My value and identity are not established as a product of rape but a child of God."

Rebecca learned that her mother had been scheduled to have a back-alley abortion twice. Because it was illegal, she would have to be blindfolded, thrown into a van at night, and then taken to a secret place. At the last minute, however, one of the biggest snow-storms in Detroit history prevented her from meeting the contact. Addressing Redeemer students, Rebecca asked if she deserved life any more than the thousands of babies aborted in North America. She says, "I know that God intends for every unborn child to be given the same opportunity to be born, and I can't sit contentedly saying, "Well, at least my life was spared." Or, "I deserved it! Look what I've done with my life."—and millions of others didn't? I can't do that. Can you??? Can you just sit there and say, "At least I was wanted…at least I'm alive..." Many people argue that abortion is okay because the fetus will never know what happened. But as Rebecca explains, that's just like saying you can sneak up on someone and stick a knife in their back.

As a beautiful mother of four children—two of whom were adopted—and expecting her fifth child in August, Rebecca gives an empowering message to audiences throughout North America. She says that when people tell a woman who is raped that she can't handle having her baby, they are underestimating the strength of women. By raising the child, many feel healing or that they have overcome their violator by bringing something good out of the trauma. She concluded, never let external circumstances such as money, looks, talent, parents, or convenience determine the value of anyone's life.

For more information about Rebecca Kiessling and to read her full speech, visit: www.rebeccakiessling.com

Thirteen Ways to a Stress Resilient Lifestyle

1. Centre yourself.
2. Develop a sense of joy for the ordinary.
3. Focus on the present.
4. Take a nap (but not too long!).
5. Create memories.
6. Detach from the outcome. (value learning vs. marks)
7. Practice deep breathing.
8. Focus on fitness and nutrition.
9. Rekindle a childhood passion (not necessarily a 3rd grade crush).
10. Be altruistic.
11. Remember the importance of friendship (with God and others).
12. Learn to say no.
13. Practice deep breathing.

Revised from *Use the Good Dishes, Find the Joy in Everyday Life* by Dr. Elaine Dember

The Professor's Role in Minimizing Stress

1. Be aware of students' workloads.
2. Give advance notice for deadlines.
3. Keep students informed of changes, especially in time of uncertainty.
4. Reinforce students for doing good work or showing improvement.
5. Provide adequate orientation, content and expectations.
6. Encourage students to take adequate breaks, maintain healthy habits, and take care of themselves physically.
7. Let students know where they stand in terms of the quality of their work, in the class, and with you.
8. Be aware of signs of excess stress in students and yourself.

Revised from *Career Track* and *Baylis and Associates Newsletter*

And remember…

"Happiness is not a matter of intensity, but of balance, order, rhythm and harmony."

-Thomas Merton

Submitted by Miki Beldman, Counsellor, Redeemer University College

Christian Graduate Education.

It's a dirty job, but someone's gotta do it.

The Institute for Christian Studies is a graduate school in interdisciplinary philosophy offering students a unique experience of academic community

ICS

INSTITUTE FOR CHRISTIAN STUDIES
Christian Graduate Education
www.icscanada.edu

Security Profile

Matt "The Law" Van Huizen

Keeping Campus safe, one parking ticket at a time

Name: Matthew Van Huizen
Years with the Force: 5 months 14 days
Personal Security Hero: Dwight Schrute
Proudest Security Bust: Closing dorm 24's door.

What's your Dream Security Scenario? Hmm...chasing down three guys who've stolen a woman's purse, pummeling them to a pulp, and therefore securing her phone number
Do you ever get to use a walkie-talkie? Yes, absolutely – to stay in touch with the command post of course.
What door is the most exciting to unlock? President Cooper's Office.
What Professor would make the ideal security guard? This is a tough one, I've got three options: Dr. Payton, mainly because he is Lord Payton, Dr. Theodore Plantinga, because he could rationalize any criminal out of what he's about to do, and Prof. VanWeilden, so that I could discuss the organizational behavioral of criminal with her
Baby stroller rolling down a hill or old blind lady wandering across a street: which do you save (you can't say both)? The baby, the old lady has had her time.
What's the crime-time to facebook-time ratio? 2:1
What's something we don't know about security: That we're pretty much the greatest thing to happen to this school, and we're your best friends.
Seriously, are there actually hidden cameras? Yep, we have the security camera monitors in the office, we're watching you All. The. Time.
Come on, do you have parking ticket quota? (Pause)... No?
What's something about *you* we don't know? I nicknamed my biceps Law and Order
And finally, Chuck Norris or Jack Bauer: Chuck Norris, hands down.

The Philosophy Department and the University of Guelph Present

A Dialogue between Philosophy and Theology

Speakers:
- Dr. Martin Moleski – Canisius College
- Dr. Henry Pietersma – University of Toronto
- Dr. Victor Shepherd – Tyndale Seminary
- Dr. Rikk Watts – Regent College

11:30 am – 6:00 pm Saturday, March 3rd, 2007

University Of Guelph - Thornbrough Building
Classroom 1200
Free Admission
www.irrdiff.ca
Call David Peck: 416 877 3570

Irreconcilable Differences

WORLD NEWS

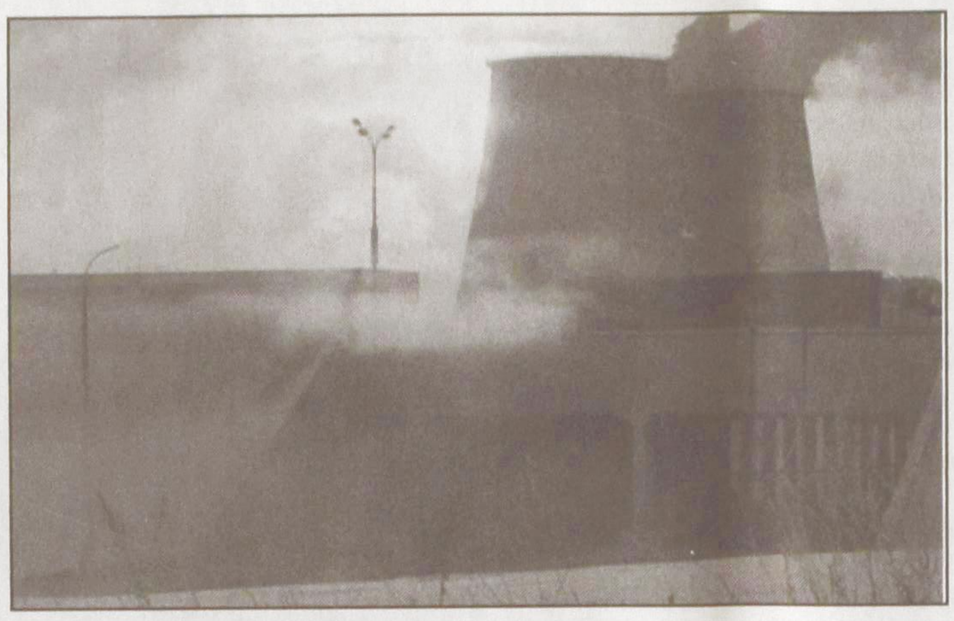
Global Warming: A Worldwide Suicide?

Jordan Delleman
Senior Staff Writer

How many people does it take to ruin Earth? A funny event happened to me the other day. Actually two events, the first one being my attempt, in an evil state of mind, to get a rise out of our Professor Berkelaar by commenting on the wonderful weather we have been having. Pointing outside to the snow steadily falling on our campus, I said "Hey, isn't it nice to see signs of how global warming is a myth?" As I expected, our Environmental Science Professor was flabbergasted, so I quickly apologised and stated that I did indeed believe in global warming. Argument averted.

But here is where it gets funny. A few weeks later, I was walking along, and a friend of mine, in a confrontational mood, sarcastically commented on how this global warming business is "really true." It was a severely cold day, but that's why it was funny. Global warming does not necessarily mean that things are going to be always warmer; it means that we are pumping billions on tonnes of carbon into our atmosphere and totally messing it up. Did anyone notice how sudden and unprecedented this cold weather was? I admit I have a bit of a bias towards believing in global warming. And I have good reasons, but those I will get into later. First, I want to look at plain facts. Really plain facts in fact, because I am a simple man, and like things to remain simple. There are over six billion people on earth. That is astronomically more than ever before. There are 300 million people in the United States alone, and the majority of them own cars and have power. There are over 1 billion people in China, a country that uses primarily coal fuel. These are some quick facts that make it brutally clear that we burn fossil fuels in humongous quantities.

Another fact: the earth is getting warmer. Now this is where contention lies. Is the earth getting warmer because we are burning off gases that act like a blanket in our atmosphere, holding heat in, or is it just because the earth goes through natural cycles? There are all kinds of things I could go into, all kinds of crazy facts to go into, but as I said, I am simple, and so I will keep my explanation simple too.



Who loves Toronto? I do. I have learned from an actual Toronto man that it is a very enjoyable city, although as I write this, the city's very particular scent comes to my nostrils. That wonderful scent is created by thousands upon thousands of cars, combined with smelly humans and all their wonderful activities. Now, whenever I went to Toronto as a kid I always marvelled at how little snow there was, and how warm it was. This is simply because of the vast quantities of burnt fossil fuels stuck inside a city. Wait a second, carbon trapped in one place increases heat. Is not this earth one place that has a lot of trapped carbon?

Second thing—and this point is a question. Would it hurt anyone to believe in global warming? Say this is all a farce, but we all completely fall for it; what are the results? We become less wasteful people.

We drive less, which will increase both the amount of exercise we get (hello, child obesity—one rising stat that drives me raging mad) and cities' income from public transit. The Globe and Mail has recently published an article on how cities are in deep trouble because they are asked to cover many things yet have little real income, and while public transit is not a huge source of income, it does not hurt.

We use less power. Think about it: turning off lights when you leave a room, being efficient, maybe actually doing things by hand—which results again in more exercise (death to child obesity!) and less of a hydro bill (death to bills!). We will also be using new cars that are more efficient and use alternate sources of energy—as in, no more insane gas prices and no more threat of the already tumultuous Middle East becoming more strategically important. I do not think that the Muslims can take much more foreign intervention. If the United States keeps putting its nose there, things are only going to get worse.

So quickly recap, even if global warming is a farce, we: get more exercise, cities are healthier, pay less in electricity, pay less for gas, and have less threat of global terrorism. And if it is true, then throw in the fact that we will have saved ourselves from global disaster, or at the very least, that Oceania (Indonesia and surrounding islands) will still exist for our grandchildren to experience.

Finally, God made this earth, are we not its caretakers? Car emissions can kill; if you turn on a car in a confined space, the fumes will kill everyone inside. Is that not enough of an excuse to stop using cars? Just because the earth can fight the poison, does not give us an excuse to continue poisoning it! As I said, it is brutally simple. Nothing bad will come of helping to fight global warming, and nothing is environmentally good about using things that create emissions. And now I will explain why this issue is personal to me. I was born in the incredible province of British Columbia, in the lower mainland (the place where most people live in B.C.). I remember quite fondly going to Stanley Park as a child. It is the place where I got lost (and found by a very nice lady), found awesome shades, experienced beauty, and smashed a dead tree trunk (boy, was that fun; I can clearly picture my sweating dad sitting with us, proud of our victory). I remember going there this very summer, eating enough blackberries (God's special gift to B.C., which I love beyond belief) to go delirious, exploring the forest with my sister, and having a very deep conversation with my grandmother about my impending reunion with my mother, who I had not seen in 17 years. I have many fond memories of Stanley Park.

This winter, 3000 trees were toppled in a freak storm, including a tree that was over 1000 years old. One thousands years old, as in, it survived all those years and was one of the last old growth trees left on earth! Destroyed! Stanley Park is a wreck, and it was a freak weather incident that caused it. The UN Intergovernmental Panel on Climate Change announced that our climate change is over 90% likely to be the fault of humans; I blame this devastation on this global warming. This internationally acclaimed park was flattened; the cost of restoring it will go up to and maybe beyond, 9 million dollars. Global warming for me is personal, and I am willing to do what it takes to stop it.

SAVE BIG
ON STUFF YOU'D BUY ANYWAY
2006/07
EXPIRES 31/07/07
SPC
STUDENT PRICE CARD
MORE STUFF. LESS RULES.™
www.spccard.ca

getting carded
is a good thing

the SPC Card™ gets you exclusive discounts'' at hundreds of Canadian retailers.

GET A FREE SPC CARD™ WITH
$29.95* student tax preparation

come in today or call
1-800-HRBLOCK
hrblock.ca

H&R BLOCK®

ROCK WITH BLOCK
fall out boy
New CD "Infinity On High" in stores now
ENTER FOR A CHANCE TO WIN** a trip for two to a SECRET DESTINATION to see fall out boy LIVE IN CONCERT rockwithblock.ca

'Individual results vary. '' Offers valid from 08/01/06 until 07/31/07. Valid at participating locations in Canada only. For Cardholder only. Offers may vary, restrictions may apply. Usage may be restricted when used in conjunction with any other offer or retailer loyalty card discounts. Cannot be used towards the purchase of gift cards or certificates. *To qualify, student must present either (i) a T2202a documenting 4 or more months of full-time attendance at a college or university during 2006 or (ii) a valid high school identification card. Expires July 31, 2007. Valid only at participating H&R Block locations in Canada. **NO PURCHASE NECESSARY TO ENTER OR WIN. Purchase of H&R Block products or services will not increase chances of winning. Begins 2/1/07 and ends 5/15/07. Open to legal residents of Canada (excluding Quebec residents) who are 13 or older and were full-time students for four or more months during 2006 at a high school, college or university. There will be 1 random draw to award the prize. Skill testing question required for award of prize. See www.rockwithblock.ca for Official Rules and how to play without purchase. Odds of winning vary based on participation. Void in Quebec and where prohibited.

ROYALS ATHLETICS

Coachs Notebook : Basketball

Coach Denita Dyck
Special to The Crown

FEAT OF ONE: Unified in Working Towards an Extraordinary Achievement. Though having only experienced victory in the exhibition season, our basketball players have pushed themselves to play as a team. They are staying true to the team offensive and defensive strategy which takes discipline and confidence at the best of times. Our players have shown incredible character and belief in the future of this program. Though our winless record is subject to attack, our steady team and individual improvement and desire for excellence is untouchable. The genuine care that these players have for their teammates is unbelievable. Though the average week has four team practices, training demands, individual practices with the head coach, games, and a team meeting, the team has often opted for additional team activities. Here are nine girls who exemplify what it means to be "Royal": integrity, heart, and skill.

It is difficult for senior players to participate in rebuilding in their final season, but Natalie Armstrong and Julie Honig have embraced the builder role well. By providing feedback to the younger players and providing an exemplary model of how to balance being student-athletes, future success in future years will be attributed, in part, to Julie and Natalie's involvement in this program. Angela Wiersma and Corianne Janssens round out the list of returning players.

Wiersma was selected as captain and has done an incredible job of leading this team on and off the court. Her steady work ethic and attention to detail on the court is commendable. Corianne will be finishing the season on the bench after coming down with mono earlier this semester. Her dedication to the overall team good and her strength and quickness while playing will continue to be a team asset in future years.

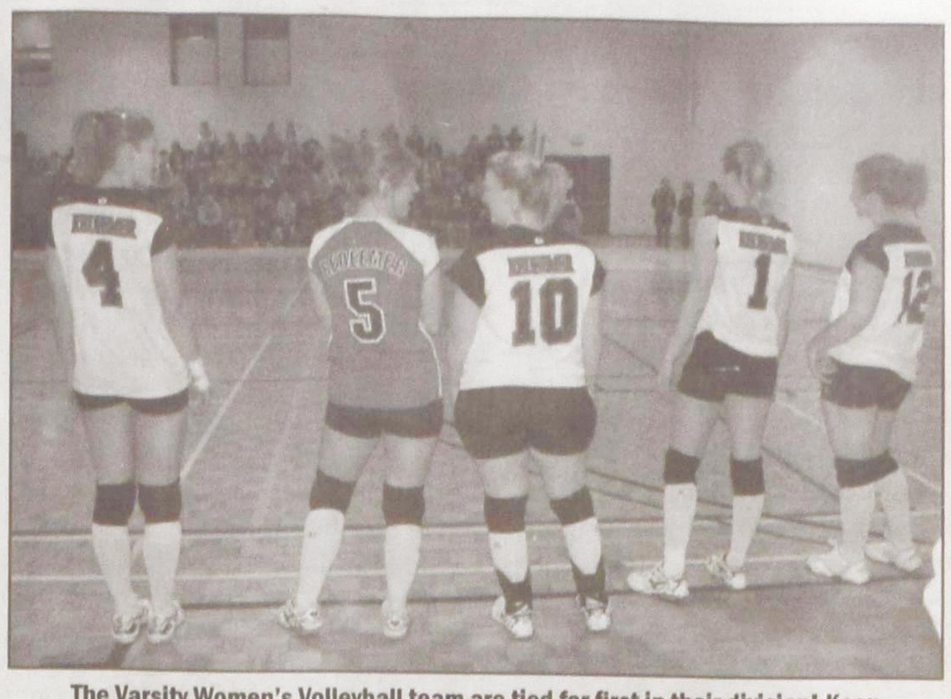
Aileen Hovingh is starting forward/guard and is the workhorse behind our team. Aileen's consistency in game after game is invaluable; the byproduct of her hard work is an increased level of intensity amongst her teammates. Courtney McDougall-Morris joins the Royals as a transfer student, and has shown steady improvement in past months. Courtney's determination to fill her mandate every game has granted her more time on the court and has made her a reliable guard player on defense and offense.

Sonya Vangameren is the Royals' starting point guard, has fierce defensive quickness and the ability to score inside and outside the three point line. Top recruit Natalie Dumoulin has been a cornerstone of the team. B ecause of her height and skill, Natalie attracts a lot of attention which results in open shots for other players. With her commitment to being at Redeemer for five years and desire to improve, Natalie is sure to become one of the top post players in the OCAA. Tanisha Vandenburg has joined Natalie in the post and has been averaging ten rebounds and eight points. Vandenburg's tenacity and coachable nature will be an asset in the future of the Women's Basketball Program.

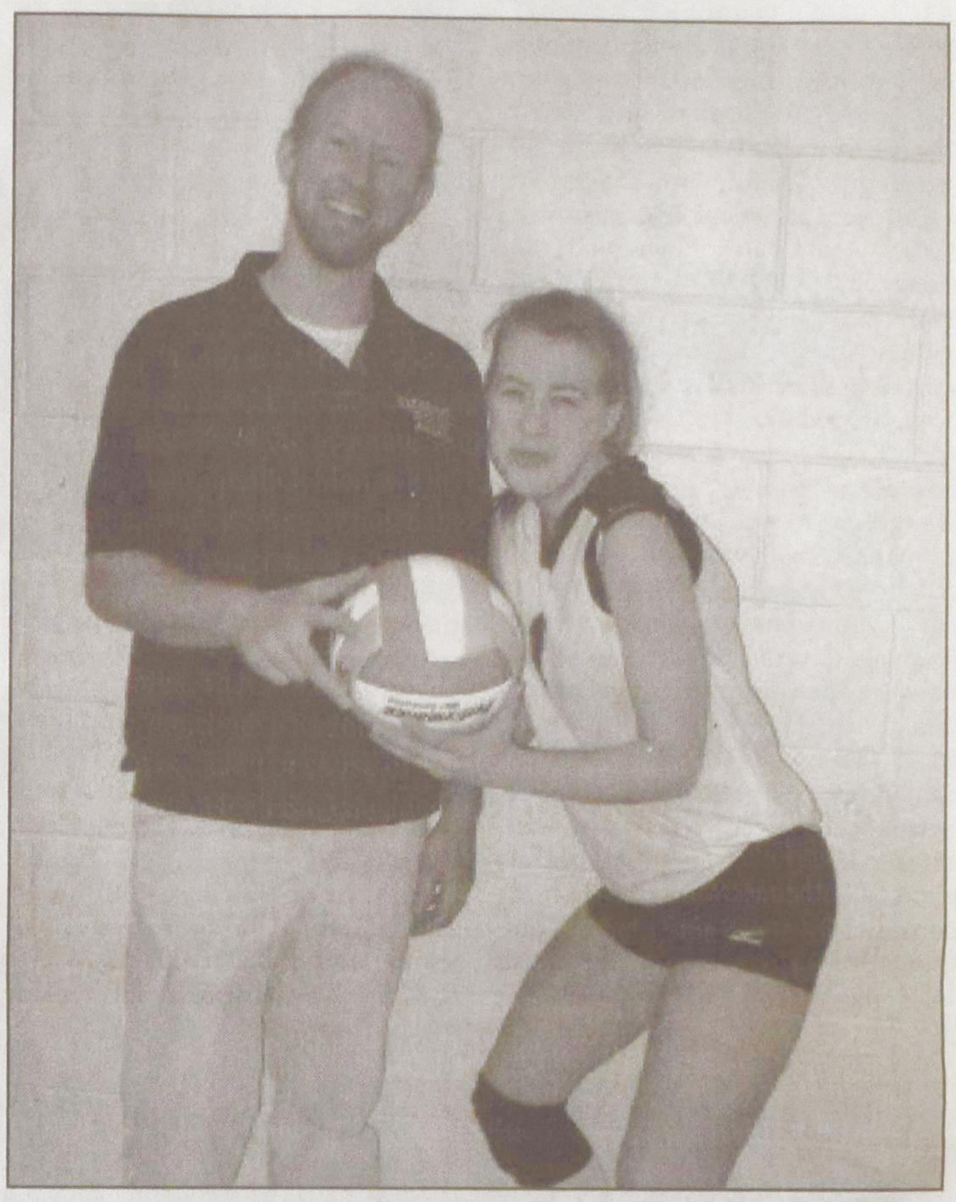
Meghan Jarvis joined the coaching staff as Royals' Assistant Coach. Jarvis comes to Redeemer after finishing a successful four year playing career at York University while receiving her Bachelor of PE in Coaching Studies. Meghan is a great addition to the program, and is committed to honing her coaching skills at Redeemer.

Our recent game against Mohawk set a new precedent for the women's basketball program. It did result in a narrow loss, but for the first time since I have been at Redeemer, the women's basketball team played as a team. As a coach of a previous championship winning team, I know success to be found in more than the score. It is in building a program with a lasting presence and celebrating these team feats as much as a scoreboard victory is imperative. This was a huge victory for our team, and will be our new measure for success. If a team of underdog athletes can compete with a team of notable players because of teamwork and heart, imagine what can be done when this program achieves greater yield in recruitment efforts!

With a core group of players now accustomed to our expectations, coaching style and program demands, the optimal environment is in place for a big recruiting season. We will be running an identification camp on March 15th and 16th intended to identify talented elite level basketball players in a competitive situation as prospective recruits for the Royals Women's Basketball Program. This camp is open to all Grade 11 and 12 athletes, and registration is available by emailing womensbasketball@redeemer.ca



The Varsity Women's Volleyball team are tied for first in their division! Keep watch to find out if they are on their way to provicials. Below: Coach Chris with team captain Lydia Meidema



The Top Ten Ways to Get Over Your Post-Super Bowl Drepression

Brendan Kooy
Senior Staff Writer

The Super Bowl has come and gone for another year. And if you're like me, you felt an emptiness of sorts this past Sunday afternoon when you realized that football season is over. No more John Madden, Jim Nantz or Terry Bradshaw to commentate your eight hours on the couch anymore. No more Tom Brady heroics, Rex Grossman collapses, or J.P. Losman futility. It's all over for another year. That being said, I've come up with ten ways to cure this ailment.

10. Watch basketball. With the Raptors on the rise in the Eastern Conference, basketball has once again become a sport to get excited about in Southern Ontario. So sit back and let Chuck Swirske take the wheel.

9. Sports trivia. Forget about Disney Scene It, Cranium, Guesstures, or any other useless pastimes. Put your time to good use and improve your knowledge of the history of sports. Recommended game: Hockey Night in Canada trivia board game.

8. Baseball spring training. Follow along with the Blue Jays and their pre-season progress in Florida. Or—an even better alternative—win the lottery, pay off tuition payments, and make the trip to Florida over spring break to catch the action in person.

7. Dig a hole and bury yourself. Well...only if your name is Rex Grossman. After a Super Bowl performance like his, it's hard to imagine he would want to do anything else.

6. Sunbathing. While it might seem a little cold out now, nothing does the body good like a nice tan behind the dorm on a warm Sunday afternoon. Just don't tell Student Life.

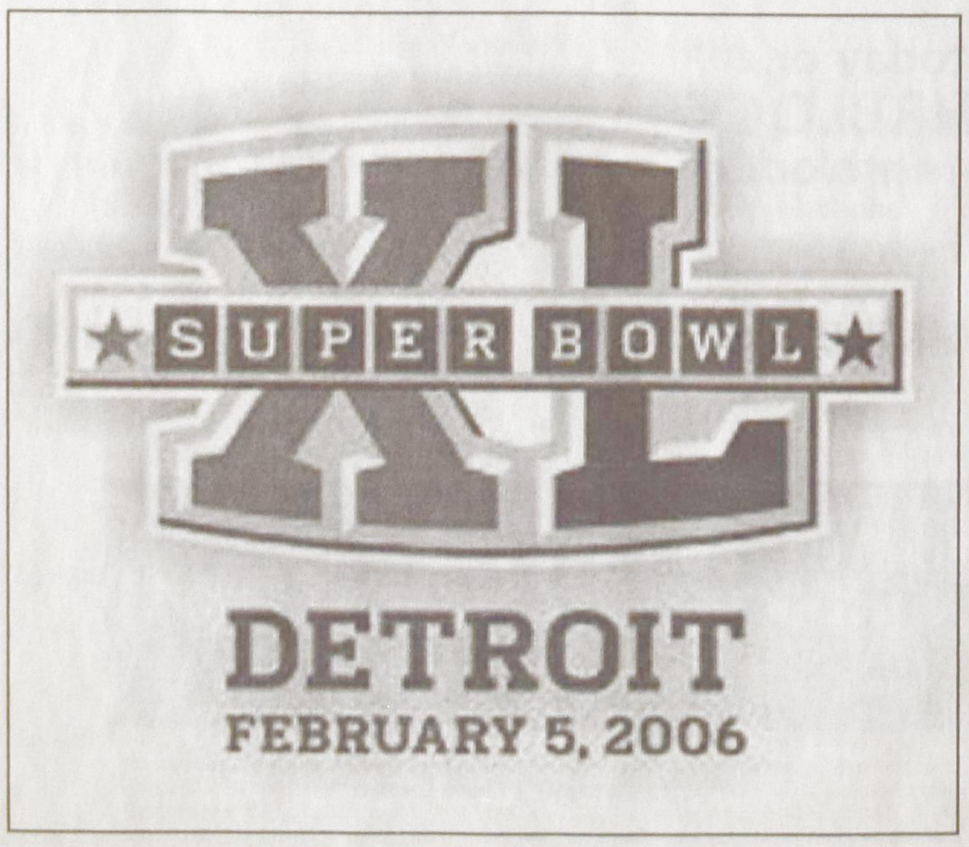
5. Sabotage snow removal systems in Hamilton in hope of a Monday snow day. We've had two already, why not three?

4. The Sound of Music. This movie, possibly the longest ever made, will easily take up your next five Sundays.

3. Rub your hands in anticipation for the NHL playoffs. Personally, I plan on camping out on Yonge St. in early March to get a good spot for the Leafs Stanley Cup parade.

2. Start training for Sausagefest. This competition is not for the faint of heart or the ill-prepared. Those seriously thinking about contending at this year's wrestling match will need to commence rigorous training at once.

1. Watch the exciting action of the PGA tour. With the Players Championship and the Masters looming in the near future, as well as Tiger Woods' seven tournament winning streak, there is much to be excited about for the 2007 golf season. Also, an afternoon of watching golf won't seriously throw off the Sunday afternoon routine of a football fan.



Player Profile

Chantel Schutten

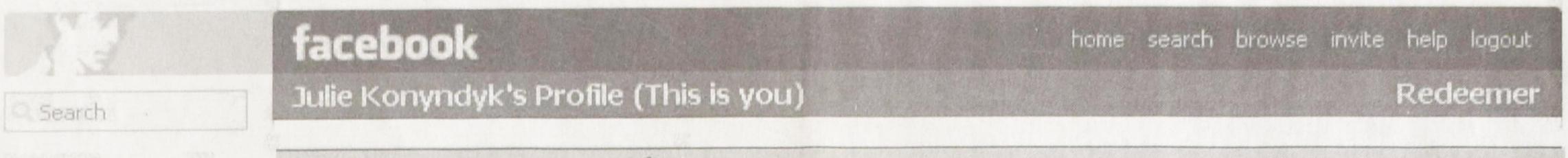
Women's Volleyball

Katie Richardson - Senior Staff Writer

Hometown: Grimsby, Ontario
Age: 19
Major: Physical Education
Minor: Business
Position: Middle
Number of years on the team: 2 years
Favorite sport other than volleyball: Soccer

When did you start playing volleyball: Grade school
Favourite sports highlight of your own: Going to OFSSA volleyball in grade 9
Why do you play volleyball? "Because it is a lot of fun. I have amazing teammates, and I love the challenge and the competition."
What are some of the accomplishments of the team this year? "We've had so many, beating Mohawk in 3 sets to 1! Being first in our division, and securing at the least a home game crossover match to make it to provincials. It's been a fun year!"
What do you love most about being on the team? "I love being able to play volleyball all the time and the friendships you build with your team mates. They are all amazing girls!"
Why did you choose Redeemer? "I'm not completely sure; it was just always in my mind because of volleyball tournaments and the sense of belonging you feel. So, I decided to give it a try, now I love it!"
How do Redeemer fans compare to other schools? "Oh, our fans are amazing! I have never been to a game yet that had more fans than Redeemer always has! Especially this year's last home game for us against Fanshawe; the crowd was amazing and added so much to our motivation and excitment! Keep it up, it's awesome!"
Most Inspiration Scripture and why: Psalm 121 It has always been a strong encouragement for me, because no matter where I go in life or what I do, I have the assurance that God is always with me, being my guide in all things.

ARTS & ENTERTAINMENT



Julie is: Writing A Facebook Article

The pros and cons of everyone's favourite bad habit

Every so often something comes along to take the college computer scene by storm. This year, many would claim it was YouTube, others Wikkepedia, professors wish it were Moodle, and few others would still keep the finger pointed towards the always growing accessibility of free movies and music via illegal internet ports. Well, while those are all valid guess, they are all wrong. The defining force on the college scene over the past year and a half is, without a doubt, Facebook.

If you're above the age of 29, you may not have a clue what I'm talking about. But if you are a highschooler, a grad student, or a young runaway bumming on the street, you know, probably all too well, the glory and terror that is Facebook. For those of you who surpass the age cutoff, or have just been living under a terribly large rock, Facebook describes itself as a "social networking system", and it is, just that. On paper it sounds just like MySpace, Friendster or Hi5. Anyone is allowed to set up a profile, join a social network (a high school, college etc), befriend other profiles, and let the poking begin (it's not as sketchy as it sounds). There is a quality that sets Facebook apart however. It's cleaner, friendlier, more efficient, and that much more addictive.

At the root of Facebook's recent technological monopoly, there is an underdog tale of triumph that has nothing to do with Microsoft or Macintosh. Perhaps that is the reason that so many of us young adults subconsciously garner our support towards it. Facebook found its beginnings in the minds of a few bored and able Harvard students. Minus the Ivy League jackets and far superior bankbooks, these students were likely just like you and me – jaded, restless, and slightly mischievous. It was just another Friday night when a few techies decided to devote sometime to create what was at first, an online year book of Harvard Graduates. Their ambitions were humble: it was Harvard's answer to the degrading online rating system HotorNot.com, which allows students to post pictures and profiles, and receive a grade on the hot or not scale, ranging from one to ten. The technology was simple and effective, it wasn't long before the word spread and creator Mark Zuckerberg and his croonies hastened to stretch the parameters of their bandwidth to accommodate the frequent visits the small site.

The next few months brought even more interest, and eventually the site decided the next logical thing to do was to open their doors to other universities. Each school was given it's own network, and in order to participate on the site, you had to have an address that was recognized by an approved university. It was a means of keeping the site organized, intimate and connected. It was October of 05' when Redeemer was listed among the Facebook recognized Universities. It was late November of 05' when I hopped on the bandwagon. I had no I idea just what I had signed on for.

Nowadays, Facebook is the second most visited website on the web, and holds a membership of more than eight million members. Last summer, because of popular demand, Facebook decided to grant recognized high school memberships (much to the chagrin of elitist Universitarians like ourselves), and not long after they lifted all restrictions and allowed membership to anyone. The networking feature though is still intact, and so remains the feeling of community. Facebook headed into 2007 holding major deals with All-Posters.com, American Eagle and most importantly, i-Tunes. They have become the ultimate hub of young-adult time wasting. But by turning down a nine million dollar deal with Yahoo, they've maintained their casual college student charm (the same can not be said for the recently Google-bought YouTube, by the way).

So now that you have the background info, the next big issue on the table is why we all care so darn much about our walls, our groups, our profile pictures, and our photo tags, and trust me, we *all* care.

I'll be the first to admit that I spend, beyond all doubt, far too much time checking my Facebook. It's become nothing short of an addiction, and it shows no sign of slowing down. Why? In my search for some conclusive answers, over half of the people I talked to admitted to checking their Facebook at least 7 times a day, when asked to justify their time-wasting habits, they gave the following responses: "I'm bored a lot", "I have nothing better to do", "one word: procrastination". Sure, I received the occasional "it helps me stay involved", or "it's sociable", but after a little prying I managed to confirm that most everyone goes on Facebook to *stalk*. Stalking, that's right – perusing through piles of pictures and profiles of people you don't know, save seeing them once or twice in the hall. Some of us manage to keep this bad habit under raps, but a more than a few of us have had to stop ourselves when we reach what has been appropriately tiled "Creeper Level". It might be hard, but keep your snooping habits to people you know, pictures your in, and profiles you actually care to read. It's a social network, not a stalking one.

Admittedly, it's great fun to finally get the updates on people you went to school with in grade four, or spent a summer with in a greenhouse back in 2002. It's okay to enjoy joining groups that allow you to confess to your favourite childhood TV shows, groups that hate the same things you do, or share in your fond affinity for tea. The poke wars, the wall-to-walls and the recent gift-giving are all well and good. Oh heck, even enjoy updating your profile twice a day. But remember there is a whole life waiting for you outside the walls of Facebook. Every so often, go outside, play football in the snow, get in on game of monopoly, read a book and maybe even study. Before you do any of these things, make sure you let us creepers know in advanced by updating your status...just kidding.

It pays to bank at DUCA

Lorah Bradford

Student PrimeLine at Prime
Get the flexibility of a line of credit made especially for students. Only for Redeemer University College students, DUCA increased the limit of the Student PrimeLine to up to $10,000.

Automated Services
You can access your account from anywhere in the world, through the Internet, telephone or ATM on the Interac® network. The Student Access banking plan reduces your cost of banking.

DUCA Student MasterCard®
Apply for a DUCA Student MasterCard and start earning CHOICE REWARDS® today. You can redeem your points for travel and merchandise. We also have a no-fee card available for our students.

® INTERAC is a trade-mark of Interac Inc. DUCA Financial Services Credit Union Ltd. authorized user of the Trade-mark.
® MASTERCARD is a registered trademark owned by MasterCard International Incorporated and is used under license.
® CHOICE REWARDS is a registered trademark of CU Electronic Transaction Services Inc.

"DUCA gave me the information I needed to get my savings off the ground."

2017 Mount Forest Drive, Burlington
(Just north of the QEW off Brant St.)
Tel. 905.315.7981 • www.duca.com
burlington@duca.com

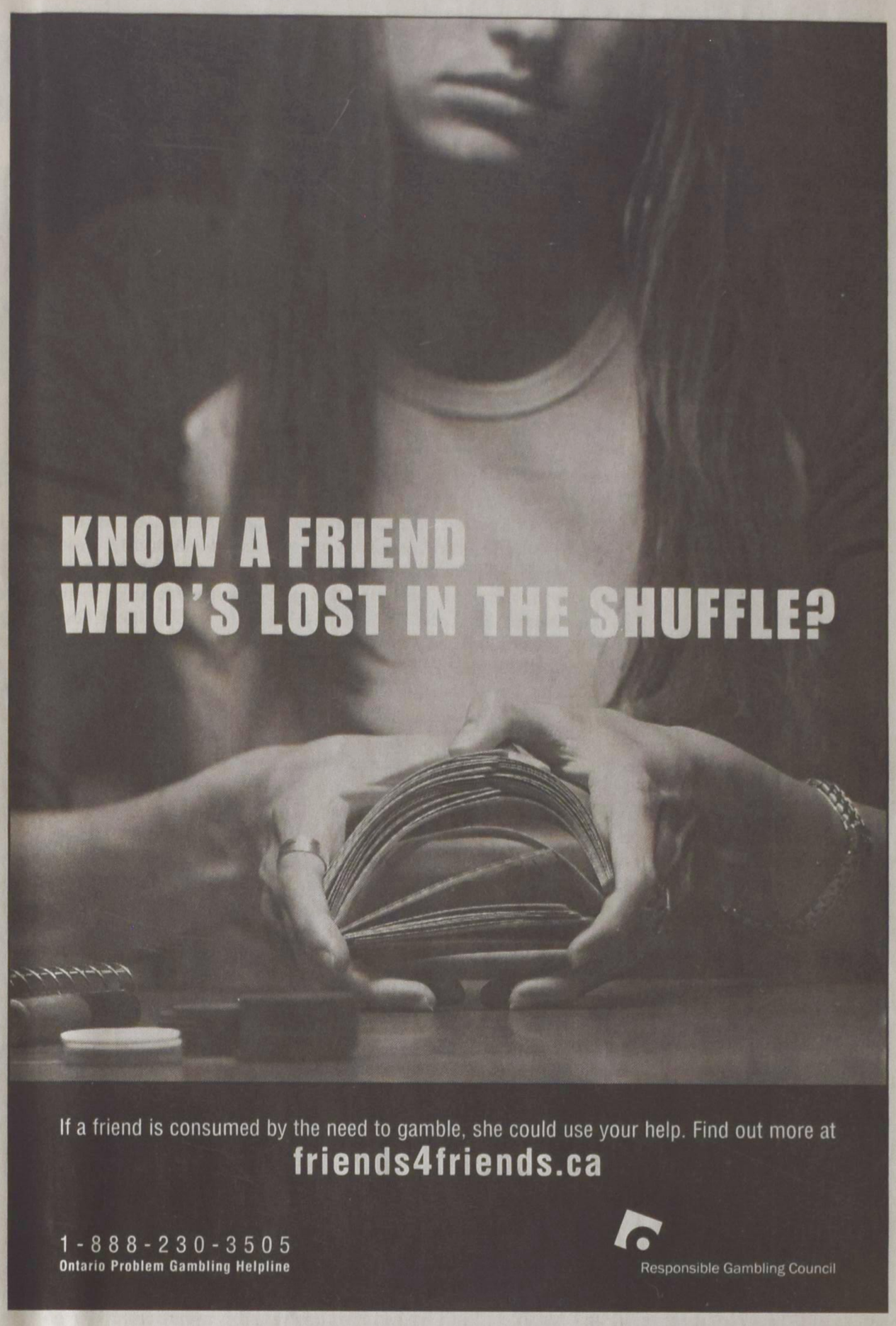
DUCA
Come bank with us.

DIVERSIONS

Sudoku

www.sudoku-puzzles.net

			1		6			
		5				3		
2	9		3		4		8	6
	4						2	
8		3				4		9
	7						5	
5	3		2		9		7	8
		8				6		
			4		7			



"Overheard"

"I'm like a duck: calm on the surface but underneath, I'm paddling like mad!"
-Dr. Gene Haas

"This word [postmodernism] has no meaning. Use it as often as possible."
-Dr. Bowald

"This is practically my dad's class! We're getting death, sex...all we need are drugs and rock and roll!"
-Evan Haas in Bio 101

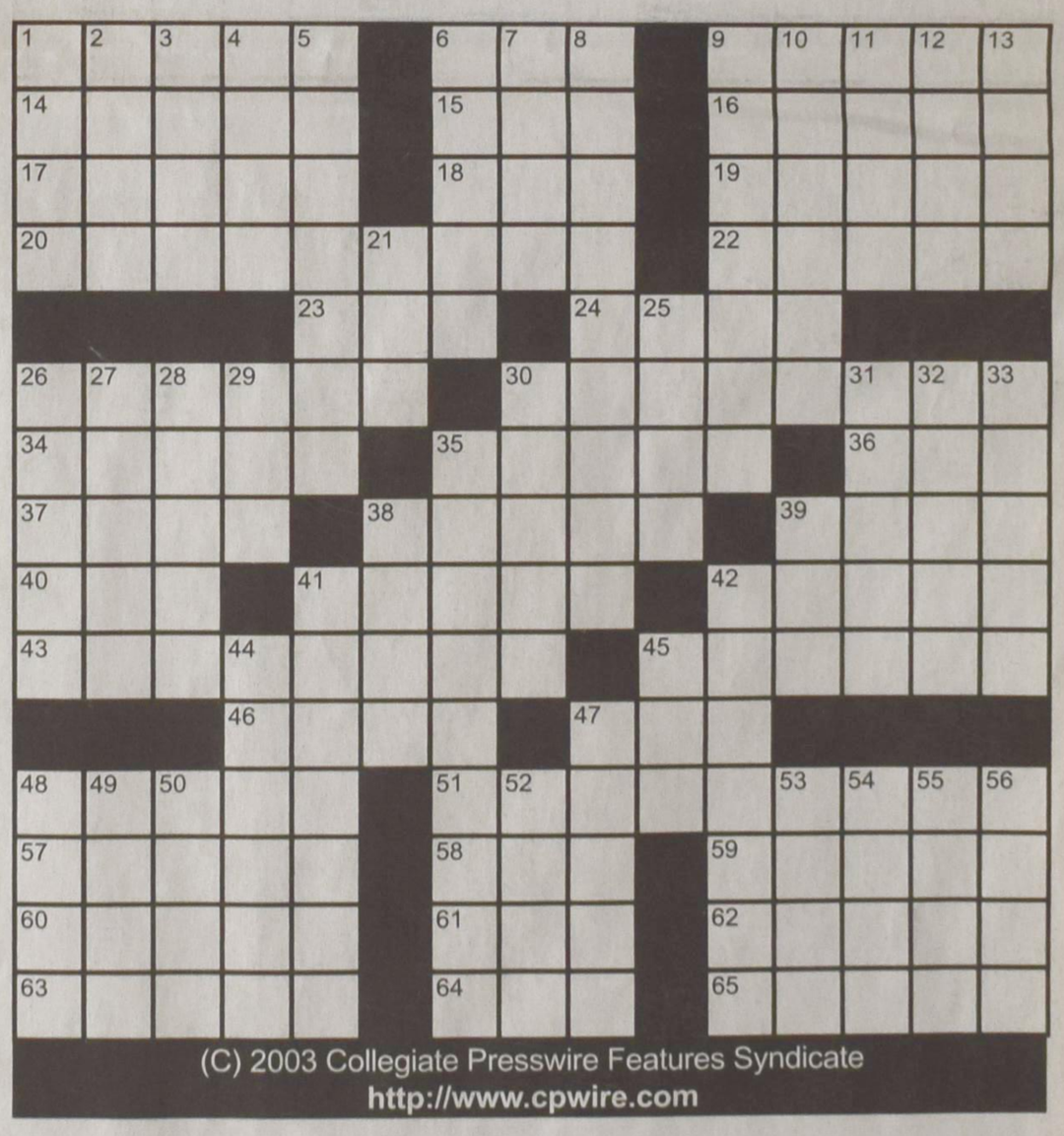
Dr. Koyzis: "...what would I be telling you about myself?"
Student: "You're an elitist political snob?"

"Apostrophe s is never used for plural. It's the mark of the beast!"
-Dr. Payton

"Learning Hebrew is like learning to bite yourself in the forehead: it's hard, and why the heck would you want to do that?!?"
-Dr. Payton

"Dr. Haas has the pain threshold of a dead animal!"
-Anonymous

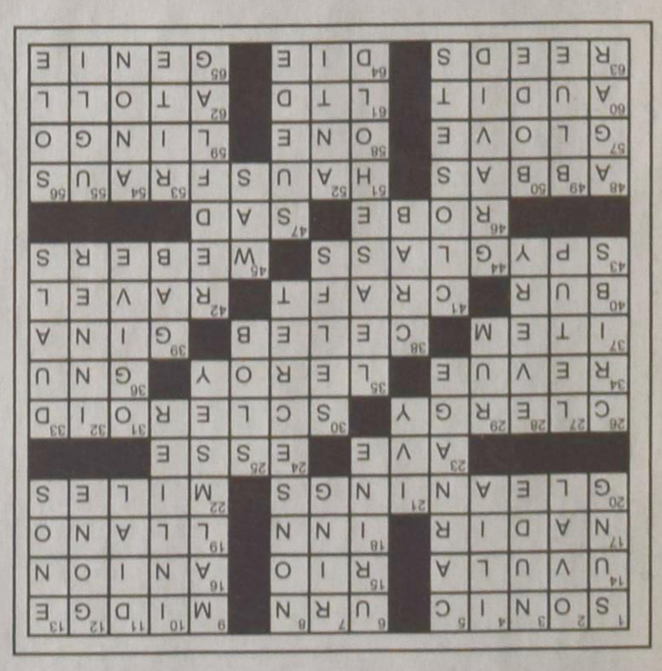
Crossword



(C) 2003 Collegiate Presswire Features Syndicate
http://www.cpwire.com

ACROSS

1. Famous hedgehog
6. Contains coffee or ashes
9. Musician Ure
14. Suspended from soft palate
15. Duran Duran song
16. Negative ion
17. Lowest point
18. No room at the ___
19. Latin American plain
20. Collected bit by bit
22. Murphy Brown's boss
23. ___ Maria
24. Esse (freebie)
26. Priests and rabbis
30. Hard
34. Variety show
35. Painter Neiman
36. Wildebeest
37. Couple
38. Celebrity (Informal)
39. Actress Gershon
40. Prickly husk
41. Made by hand
42. Tangle
43. Small telescope
45. Unit of magnetic flux
46. After-shower garment
47. Not happy
48. Director Kiarostami
51. Housewives
57. ___ and Special Sauce
58. Five minus four
59. Dialect
60. Exam of finances
61. Limited company
62. Ring-like coral island
63. Tall grasses
64. Cease to live
65. I Dream of ___

DOWN

1. Model Hi Lee
2. Elliptical
3. Naked
4. Three ilium
5. Massacre
6. Waste product
7. Piece of jewelry
8. Not a secret
9. Sweet wine
10. Rock formation
11. Soap
12. Not here
13. Son of Seth
21. Poison
25. Slovenly person
26. MTV series
27. Ease
28. Not few
29. Caribbean liquor
30. Selves, improper
31. Painted arch
32. Opposite of outer
33. Pairs
35. Property by lease
38. Maryland crustaceans
39. Talk
41. Places for clothes
44. Pregnant
45. No longer is
47. Soft-napped leather
48. Gelatinous material
49. Fifth rainbow color
50. Predict
52. Against
53. Ceremonial act
54. Later
55. Tangelo
56. Shoe bottom